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# 12/14/1990 - Women's Expo set for March

University Marketing and Communications

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EASTERN ILLINOIS UNIVERSITY  
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# news

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FOR IMMEDIATE RELEASE:

WOMEN'S EXPO SET FOR MARCH 2

CHARLESTON, IL.--Eastern Illinois University will again bring women the nationally recognized Women's Expo and Health Fair the first Saturday in March.

The 1991 Women's Expo and Health Fair Saturday, March 2, at Eastern Illinois University is a dynamic day-long event featuring workshops, style shows, general and career orientation exhibits, and free health screenings by Sarah Bush Lincoln Health Center, Mattoon. This year's theme is "Focusing on You."

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WOMEN'S EXPO

A highly successful teen division introduced two years ago has been expanded this year to include more exhibits and workshops focusing on the theme "Proud to Be Me."

A premiere event for women of all ages throughout Illinois and neighboring states and a three-time national award winner, Women's Expo and Health Fair organizers add new dimensions to the program each year from recommendations and requests of previous participants.

New this year is a coffee reception at McAfee Gymnasium prior to the opening session keynote address by businesswoman Ms. Emory Austin of Charlotte, N.C.

A "hands-on" computer workshop for those computer-illiterate and cooking demonstration for those interested in trying new "healthy" dishes are also new features this year.

In addition, bus transportation to and from the Expo will be provided as requested by women living in the Neoga, Toledo, Marshall, Casey and Greenup areas.

Workshops by women environmentalists, educators, counselors, government officials, consultants and health care professionals deal with recycling, networking, money management, stress, personal development and fitness/nutrition/exercise.

SBL will offer expanded health screenings including complete blood count (C.B.C.) and oral screening provided by the Coles County Dental Society. Other tests include blood pressure, blood sugar, pulmonary function, cholesterol, and glaucoma.

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The health element of the fair will extend to the teen component of the Expo, which will introduce the concept of a "health mall" into its innovative teen programming.

It will feature informational displays, give-aways and booths on health-related issues for teens, coordinated with the Coles County Public Health Department.

Other activities include a keynote address by 1989 Miss Indiana Lisa Williamson, workshops, exhibits, and style show especially for teen women ages 13 to 17. All activities are held at the same time as the women's event, but at different campus locations.

There is more teen involvement in the agenda this year, according to Jana Johnson of Charleston, teen co-coordinator.

Area teen men are participating in a workshop on "Boys," while a group of teens from SBL's Volunteen Program will discuss what it's like to be a volunteer.

A popular event is the Totally Teen Style Show where teen women and men from Charleston, Mattoon, Effingham, Paris and other surrounding communities model spring and summer fashions from area stores. Entertainment will be provided by the Effingham High School show choir group, Heartline.

Registration information will be sent to previous participants in late January. For additional information about the Women's Expo, call (217) 581-5982, and for the teens, (217) 581-2658. The cost is \$12 for adults and \$10 for teens.